



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch  
Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Heinemann, Harald

Club: SUS Reiste  
Number: 804

Course: 21.00 km  
21 km Lauf

Category:  
Senioren M40

Total time: 2:12:17

Speed: 9.53 km/h  
Running performance: 6:18 min/km

Rank in course/Total: 27 (of 78)

Rank in course/Men: 25 (of 53)

Best time in course: 1:35:31

Rank in category: 5(of 9)

Best time in the category: 1:56:59